

Iowa Department of Public Health

Body Mass Index Assessment Project

Comprehensive Report

Spring, 2010

There were 29 school districts in Iowa communities participating in the Iowa Department of Public Health's Body Mass Index (BMI) assessment project. Among all 29 schools that participated in the project, 1,143 parental surveys were returned.

Overall Body Mass Index (BMI) percentages among all schools found that 61.2% of students screened had a normal BMI and 37.1% were either overweight or obese. (See Figure 1) Among all students screened, 61.5% of males and 61.1% of females had normal BMI. 1.7%, 16.3%, and 20.6% of males and 1.7%, 14.5%, and 22.6% of females were underweight, overweight, or obese, respectively. (See Figure 2)

Parents were asked about their child's daily consumption of sugar-sweetened beverages. 70.3% of students from the participating schools drank 1 or 2 servings per day, while the remaining 29.7% did not drink these beverages.

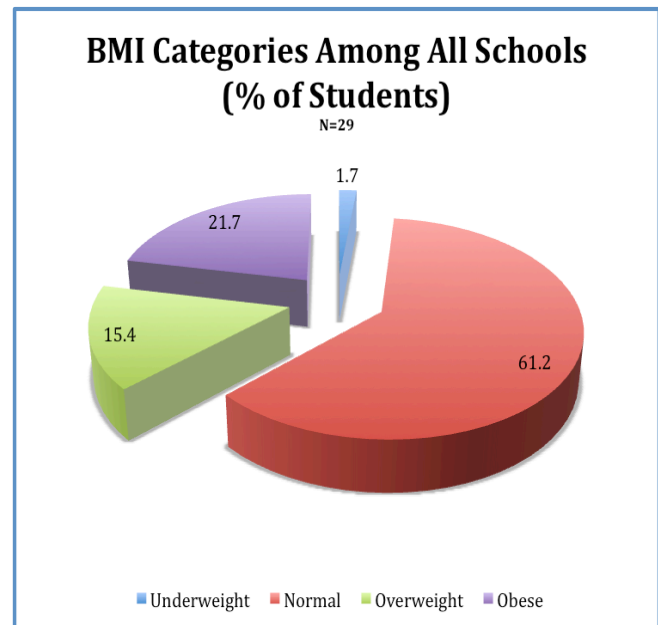


Figure 1

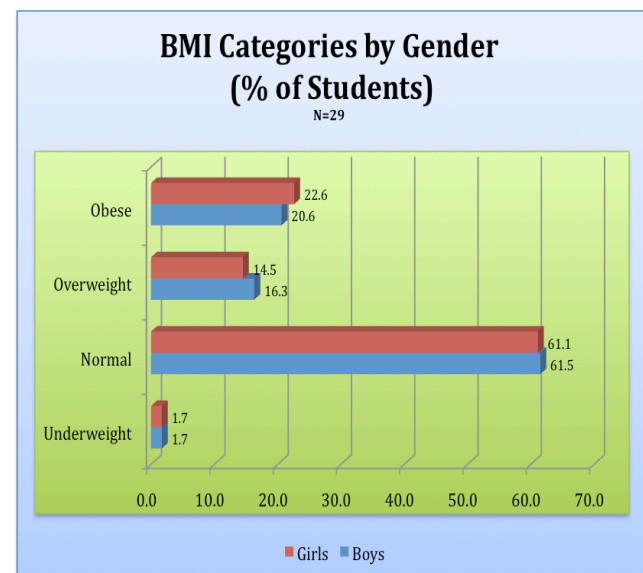


Figure 2

BMI Classification for Children 2 to 20 Years of Age	
Weight Status Category	Percentile Range
Underweight	Less than the 5 th Percentile
Healthy Weight/ Normal	5 th Percentile to less than 85 th Percentile
Overweight	85 th to less than 95 th Percentile
Obese	Equal to or greater than the 95 th Percentile

BMI Percentages By School

School	% Students With Normal BMI
Alta	56
Blue Grass	74
Adair-Casey	58
Coolidge	73
Cunningham	50
Douma	29
Earlham	64
Edison	48
Garfield	60
Grimes	50
Jefferson	50
Lakeview	74
Lincoln Center	59
McKinley	56
New Hampton	63
North Cedar	60
Northeast Hamilton	47
Oskaloosa	67
Parkersburg	81
Pleasantville	63
Riverside	0
Schaller- Crestland	65
Starmont	67
Tripoli	54
West Lyon	77
West Monona	69
Willowbrook	66
Average Per School	60.5

BMI Percentages By Gender By School

School	% Males With Normal BMI	% Females With Normal BMI
Alta	55	57
Blue Grass	76	71
Adair-Casey	64	54
Coolidge	65	80
Cunningham	33	100
Douma	38	22
Earlham	86	55
Edison	38	62
Garfield	50	65
Grimes	50	50
Jefferson	50	50
Lakeview	77	70
Lincoln Center	58	60
McKinley	53	58
New Hampton	61	64
North Cedar	69	50
Northeast Hamilton	50	44
Oskaloosa	68	66
Parkersburg	80	81
Pleasantville	71	55
Riverside	0	0
Schaller- Crestland	57	70
Starmont	54	75
Tripoli	60	50
West Lyon	74	80
West Monona	57	83
Willowbrook	61	69
Average Per School	59.6	62.7

Sugar-sweetened Beverage Consumption by School			
School	0 Servings (% Of Students)	1 Serving (% Of Students)	2 Servings (% Of Students)
Alta	29	47	24
Blue Grass	31	40	29
Adair-Casey	30	48	22
Coolidge	49	36	16
Cunningham	0	50	50
Douma	20	20	60
Earlham	41	43	16
Edison	17	41	41
Garfield	20	36	45
Grimes	15	48	37
Jefferson	0	33	68
Lakeview	53	35	12
Lincoln Center	18	40	42
McKinley	27	43	30
New Hampton	31	46	23
North Cedar	35	35	30
Northeast Hamilton	22	44	33
Oskaloosa	30	38	32
Parkersburg	27	47	27
Pleasantville	38	42	20
Riverside	15	60	25
Schaller- Crestland	35	41	24
Starmont	53	38	9
Tripoli	46	39	15
West Lyon	52	33	15
West Monona	20	52	28
Willowbrook	50	28	22
Average Per School	29.8	40.9	29.4

The measurement of BMI in Iowa's 3rd Grade children was a collaborative effort between the Iowa Department of Public Health, Division of Health Promotion and Chronic Disease Prevention and the Center for Health Statistics. Funding for this project was provided by the Wellmark Foundation.